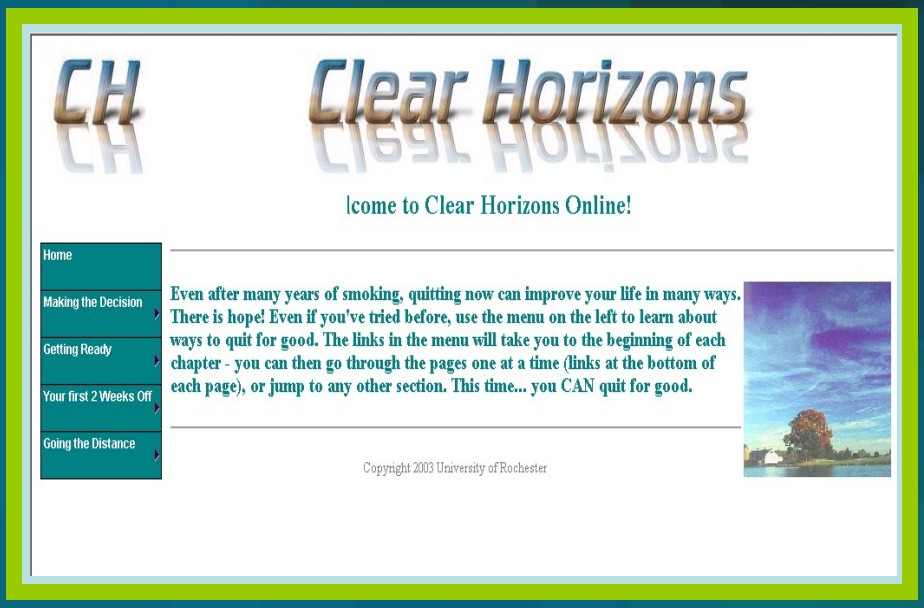
Ready to QUIT Smoking?


CH
Clear Horizons
lcome to Clear Horizons Online!
Home
Making the Decision
Getting Ready
Your first 2 Weeks Off
Going the Distance
Even after many years of smoking, quitting now can improve your life in many ways. There is hope! Even if you've tried before, use the menu on the left to learn about ways to quit for good. The links in the menu will take you to the beginning of each chapter - you can then go through the pages one at a time (links at the bottom of each page), or jump to any other section. This time... you CAN quit for good.
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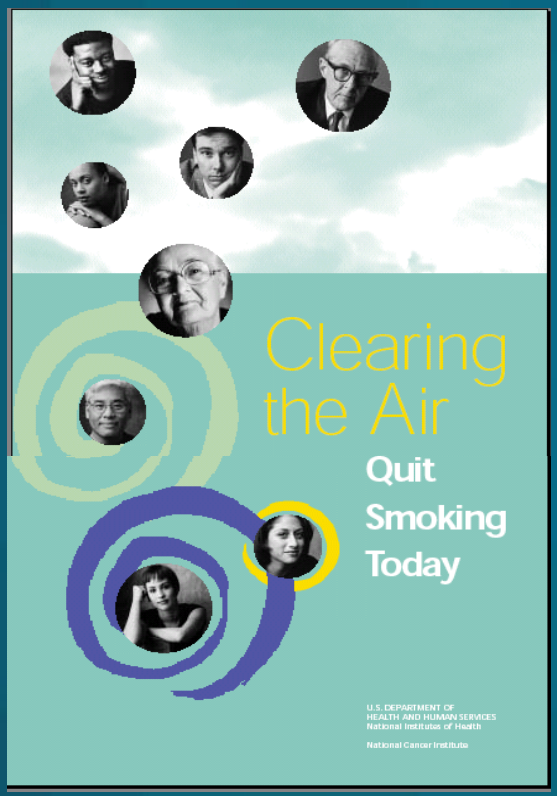
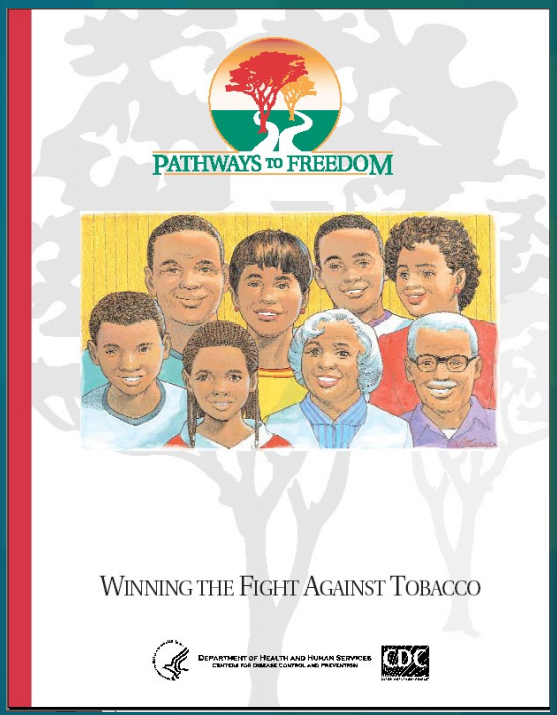
www.myclearhorizons.com/


Clearing the Air
Quit Smoking Today
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Cancer Institute

www.smokefree.gov/pubs/clearing-the_air.pdf



www.smokefree.gov/docs/pathways-final.pdf